

Inspiring your path to wonder and balance

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life in balance

Redefine your thinking, one person can make a difference



As 2022 begins we would like to remind you that once upon a time you had signed up to this newsletter

We are delighted to re-connect with you, with an offering of wonder and balance to navigate the first month of the new year.

We hope you enjoy the reads and the new website www.lifeinbalance.co.za

Peace and love
the Life in Balance team



This Month's Picks



WELLNESS

Anxiety and mental health challenges are on the rise as is the knowledge that working with your breath is the fastest and most powerful way to reduce mental and physical stress

Breathing correctly can instantly shift the state of your mind. Anxiety, worry, stress, and negative thinking are often underpinned by fear. Fear is an emotion and any emotion cannot exist without a sensation and a change in your breathing pattern. All you have to do is address the sensation of fear by changing your breathing pattern.

[Learn now to breathe for stress relief](#)



WONDER

Have you ever wondered how the brilliant blues found in dragon flies, kingfishers and peacocks come to be?

This fascinating story reveals the science behind the brilliance of blue.

[Read more](#)



TRAVEL

Museums are not usually on the list of travellers in Africa but perhaps this is because they don't know how many great ones there are to see

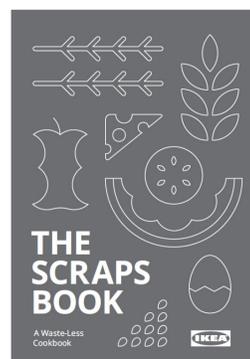
This article gives a great round up of Africa's museum treasures taking you from Krugersdorp to Senegal. Some offer virtual tours others require your presence.

[Read more](#)



READ, WATCH AND BE INSPIRED

Life in Balance curates some wonderful content from authors, guest bloggers and podcasts that you may not have seen before



RECIPES

This a great FREE recipe book showing you how to make delicious meals out of

gospels and consider whether 'Normal is Over' [here](#). I am also delighted to welcome Jason Drew one of the planet's leading thinkers about how to transform global food systems who has made his great blogs available to you.

[Read more](#)



GIVE AWAY

ADCO CBD is celebrating with an exclusive give-away of a limited edition pamper hamper valued at R1000!*

Included in your hamper are a range of goodies: ideal for pure wellbeing, a clean-living eco-friendly bamboo trimmed water bottle, a Zen diffuser with two bottles of essential oils, which promotes rest and relaxation, enriches air quality, and provides you with pure ease, and a Ylang Ylang and Flora fragranced candle, the essence of pure calm.

[Read more about CBD](#)

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NEED TO KNOW

Shell lost its bid to continue with seismic testing on the east coast of South Africa

Although a remarkable victory it should not delude the public into thinking there are no more plans for future testing. In fact there is another exploration planned for the Western Cape coastline with 15 other oil companies gearing up to survey for gas and oil at great cost to the marine environment and food chain and communities who depend on the coastline for their livelihoods. Read up and [take action](#).

Thought for the Month

It amazes me to think of how many people think they know what is going on when the media they read can be taking them down narrative paths that don't make sense.

Here is a fun quiz to take to see if you are as informed as you think you are. [Gapminder](#)

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